

4 Longshore (J. S.)
THE
PRACTICAL IMPORTANCE
OF
FEMALE MEDICAL EDUCATION,
AN
INTRODUCTORY LECTURE,

DELIVERED SEPTEMBER, 6th, 1853.

IN THE
Penn Medical College, of Philadelphia,

BY JOSEPH S. LONGSHORE, M. D.

PROFESSOR OF OBSTETRICS AND THE DISEASES OF WOMEN AND CHILDREN.

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Philadelphia, November 27th, 1853.

PROFESSOR J. S. LONGSHORE,—Dear Sir:—At a meeting of the class of the Penn Medical College of Philadelphia, (female session,) the undersigned were appointed a committee, to request a copy of your most valuable introductory lecture for publication, which they hope you will not deny them. Feeling assured it will be the means of creating a greater interest in the cause of the Medical Education of Woman, the cause to which you have been so long and so faithfully devoted.

MARY F. THOMAS, Indiana,
MARINDA B. RANDALL, Vermont,
HANNAH DARLINGTON, Pa.,
JANE V. MYERS, Ohio,

SARAH A. SMITH, England,
SARAH CALDWELL, Scotland,
MARIA C. KINGSBURY, Ohio,
HANNA ABRAHAM, New Jersey.

Penn Medical College, December 1st., 1853.

MRS MARY F. THOMAS, AND ASSOCIATES,—Ladies:—I most cheerfully comply with your very flattering request.—A copy of the Lecture alluded to in your note of Nov. 27, is herewith forwarded, and my prayer is, that it may not be without some efficiency in arousing an interest in the highly important subject of the Medical Education of Woman—and thereby be instrumental in elevating her social and intellectual position. Woman has too long been regarded as an inferior part of the race. It is hoped the day of deliverance is at hand.

With the best wishes for yourselves, and those you represent, for your success and prosperity in the great cause you have espoused,

I remain most respectfully yours, &c.,

JOS. S. LONGSHORE.

LECTURE, INTRODUCTORY TO A COURSE ON OBSTETRICS.

By Prof. Jos. S. Longshore, M. D., Philadelphia.

The present age is emphatically one of progress. The arts and sciences are marching onward with gigantic strides ; moral and intellectual advancement is indelibly stamped upon the destiny of the race. Look in whatever direction you may, and you will observe an upward and onward tendency ; conventionalisms, rigid and dogmatic, cramping the intellect, and crushing the soul,—are begining to yield before the more benign influences of truth. Mind has begun to assert her supremacy, and human actions are being governed by her ennobling attributes. Mental heroism, and strength of intellect are already demolishing the ancient Bastiles of intolerance and bigotry. Aristocratic ignorance no longer sways her iron sceptre unmolested, blindly directing and controlling the usages of society. The power and influence exerted by *wealth* alone, are giving way to the more potent and rational suggestions of wisdom and virtue. *Dollars* are begining to be less valued than *thoughts*, as a governing influence in society ; and mind already commands an admiration which, until recently, was almost universally accorded to gold.

Wealth as a means of doing good,—of advancing the moral and intellectual condition of the race, is indeed desirable :—but when employed only to promote the ends of selfishness, and personal pride, its possession is an evil as its use is detestable. Truth, virtue, and philosophy, are eclipsing the pomp and state of a monied aristocracy ; all we observe around us is indicative of the “good time coming,” when man, disenthralled from the dominion of the lower elements of his nature, shall stand forth, bearing upon his brow the bright impress of Deity, and claiming for himself no more of the Creator’s works than he is willing shall be enjoyed by every member of the race. This is man’s high destiny,—and the entire abrogation of all selfishness—the acknowledgement of God as the universal Father, and a consequent unity of the race in the bonds of one vast brotherhood,—the ultimate of human perfection.

Science and virtue, truth and philosophy, are alone the means to be employed for the consummation of this glorious object ; these constitute the distinguishing characteristics of man,—these are the coronating attributes that enthrone him SOVEREIGN over all sublunary beings :—these are properties of mind—emanations from the Deity—eternally existent, and everlastingly progressive ;—and in their onward and upward course, as they perpetually tend towards the perfections of the Infinite mind—man is borne forwards

imperceptibly, but surely, until he shall ultimately attain that condition where mind and moral purity hold supreme dominion.

The question here arises, what can man, himself do for the promotion of that advancement, which will secure to the race these glorious and happy results?

Improve the conditions of human development, is our comprehensive answer.

The true object of human existence, is the progressive, but ultimate attainment of the highest happiness: and without the reciprocal and harmonious action and reaction of the physical, mental, and moral elements of his being, his progress must be greatly impeded, and his happiness correspondingly imperfect.

To suppose the mind can unfold the vastness of its powers, or expand fully in goodness and truth with the influx of the Divine breathings, while the physical organism is racked with pain, or languishing with disease,—or that the physical economy can remain undisturbed, while mental depression or anxiety is gnawing like a worm, at the springs of vitality, would be supposing an anomaly no where else found in nature. So intimate are the relations of the physical and mental, that one cannot be affected, without materially influencing the other; a proper PHYSICAL education, then, becomes as essential a feature in the process of human development, as either mental culture or moral training; and without the *former*, any attempt to secure the *latter*, will prove abortive: a successful and perfect development of the true man, can only be secured in proportion as these relations harmoniously approximate.

In the multiplication of Institutions of learning—from the primary school to the richly endowed University, in the maintainance of which, millions are annually expended, and in the abundance of church organizations, supporting richly salaried teachers, we see that ample thought is bestowed upon the intellectual and moral elevation of the people. But where are the public edifices, where the highly endowed Institutions devoted to physical education?

Alas! this momentous subject—as great in importance, as essential in its results on the destinies of the race, as either of the others,—and without which neither can be fully attained,—is neglected, as if of no account, if not shunned as an unclean thing; or, its advantages are assigned to a comparatively *few*, as a *profession*,—who are taught to make a monopoly thereof, whilst the multitudes are suffering, languishing, dying, for the lack of that knowledge which they have been instructed to believe is wholly unfitted for their attainment.

That people which is physiologically ignorant, must be necessarily, and correspondingly invalid, imbecile, and vicious.

Our country, boasting of its intelligence and its virtue,—by the thousands

of its invalids, by its asylums for the Insane, by its criminal codes, its penitentiaries, and its gibbets,—should be warned of the dangers of longer neglecting the physical education of its people, who, had they been physically instructed only to half the extent of their mental attainments, and moral enlightenment, might, to-day, have stood before the world as the “model people.”

In what direction must we look, to what source shall we apply, for a remedy capable of correcting these evils.

“Man, know thyself,” is a sentiment which has been borne down to us on the voices of by gone ages, and without designing in the least to detract from its importance, I would modernize the maxim thus,—*Woman, know thyself.*

How great the ignorance, how profound the darkness which envelopes the mind of woman, in all that pertains to herself; and who can calculate the amount of suffering which this want of knowledge inflicts upon woman, and entails upon her offspring? Yea, even while she suffers, she refuses to be made acquainted with the true causes thereof, and turns away with a feeling little short of disgust, from those who would have her instructed in the latter, that she may be enabled to escape from the living death of the former:—the state of mind she possesses, and transmits to posterity, is repugnant to this investigation,—is selfish and trifling,—just such a mind as must be ever developed amid physical ignorance, and physical suffering.

How vain the expectation, that a piece of machinery can perform all its movements correctly, and produce good and perfect results, if any of the parts of its complicated arrangements are disordered, or out of place!

Where would be the gorgeous beauty, and the magnificent results of the movements of the Universe—the revolutions of its countless systems,—and the attractions and repulsions whereby those movements are perpetuated,—if discord and disorder were to confuse the harmony of its infinitely complicated parts?

Harmony is essential to, is the law of development of all the designs of the Infinite Creator. Hence man must be in harmony with himself,—physically, mentally, morally,—before he can attain to the end for which he was created.

And woman must know herself as woman,—must study her physical organisation, the laws whereby it is governed, its functions, its adaptations, its relations to, and its connections with mind; she must comprehend all its mutual dependencies and their influences, and realise the nature of those harmonies, upon whose perfection her own welfare, and the best interests of her offspring are made wisely dependent.

Let not the parent expect the teacher to unfold all the powers of the mind of his child, nor the moral instructor to elevate it to the highest standard of virtue and religion, so long as inharmonious physical conditions exist. *Har-*

mony and *progress* are inseparably united as the law of human advancement, and unless they act in unison, the result must be a most infelicitous arrest of all true advancement. If the physical organism be at fault, the mental and moral developments must be proportionally faulty; and, on the contrary, if either the mental, or moral, or both be faulty, the physical developments will be necessarily imperfect or deformed.

As woman holds the moulding influences of the race in her hands, stamping its character, and shaping the destiny of each succeeding generation, she should be equally, if not more thoroughly educated in Physiology, Hygiene, etc., than even man himself. Influences so vast, responsibilities so intimately connected with the destiny of generations yet future, should not longer be entrusted to ignorance, and superstition,—to physical effeminacy or moral delinquency.

Woman, to fill her high and holy destiny, should be truly *woman*,—a whole, and perfect, and healthy being; then, with favorable co-operating influences, she would be enabled to transmit to posterity higher, and truer life-conditions, and consequently a more perfect development of those harmonies, physical, mental, and moral, upon which alone human perfection is attainable.

This should be the end and aim of human existence; an object in itself sufficiently glorious for angels to fill heaven's infinite expanse with prayers perpetual; an object for the attainment of which the Deity has established the laws of eternal progression, upon the law of perpetual harmony.

It is not our purpose that Society should pay less attention to the *moral* and *intellectual* training of its youth, but that it should have more regard to its *physical* education,—and that the latter may be made attainable, properly instructed teachers must be provided.

Who are the first and natural teachers of the race? Who make the earliest and most indellible impressions upon the plastic mind of childhood, but those to whom their infantile years are mainly committed, and from whose life their nutriment is drawn? The mothers of the race are most emphatically the teachers of the race; and the mother's influence and instructions live on, through the distant future, as a source of positive good or evil, physically, mentally, and morally, to the race!

As the varied tints and pencillings, the beauty and the fragrance of the newly blown rose, are developed in exact conformity to that law of organic descent which determines its form and qualities, so also is developed the embryotic form, with all its progressive unfoldings of features, passions, mental peculiarities, dispositions and intellectual powers, as well as a predisposition to the faults and diseases of its parent stock. The recklessness of the desperado, as manifested in the character of Arthur Spring, is indisputably traceable to hereditary transmissions from a depraved parentage; whilst all

that is noble, great and admirable in our Washington, and kindred spirits, is as readily traced to those predominant characteristics of the mother.

Well did the ancient Spartans understand the laws of hereditary transmission, when they availed themselves of every attainable means to render the lives of their mothers pleasurable and nobly emotional. Surrounded with the statuary of heroes, and of men most distinguished amongst them for perfection of form, and exalted mental developments,—their apartments adorned with paintings of exquisite beauty, and perfect proportions,—their mental state tranquilised by strains of the most enrapturing harmony, whilst the perfume and beauty of the sweetest flowers adding their charms to the senses,—all conspired to perfect the harmonious development of the embryotic form, into that noble race of men whose deeds of valor and renown are written in imperishable characters, upon the pages of Spartan history. The glory of its arms, the fame of its philosophers, the inspiration of its bards, the stern patriotism and virtue of its people, all bear witness to the wisdom of the Spartans, and prove that their national glories were mainly derived from the mothers of Sparta.

Will not America, free, enlightened, intelligent America, *at least* emulate the wisdom and the virtues of that people whom we are taught to look upon as semi-barbarians?

Our country is capable of raising as noble a band of patriots and heroes, as ever stood in the gap of Thermopææ,—of producing as profound a corps of philosophers as ever wore the glittering diadem of fame,—of creating as harmonious a choir of minstrels, as ever, in the past, sang Pæans to conquering heroes.

To arrest the evils by which the progress of the race is retarded, and to secure for posterity a more rapid advancement towards human perfection, Institutions must be established for the physical education of those who are to be the parents of the race.

Eleven years ago, in the Introduction to a work I then published, entitled "The Principles and Practice of Nursing," I expressed the following sentiment,—“Let once the portals to the temple of medical science be thrown open, let all who desire, become familiar with the first principles of Physiology, Anatomy, Hygiene, etc., and a death blow will be given to Quackery.” I now say,—let once the portals of medical science be thrown open,—let all who so desire, become thoroughly instructed in Physiology, Anatomy, Hygiene, and the kindred sciences, and not only will a death blow be given to quackery, and all its multiplied evils, but also to nine tenths of all the suffering—physical, mental and moral—under which the people groan. I tell you ignorance is not alone the parent of vice, but of suffering also, and all human sufferings grow out of violated laws, whilst most of those violations are caused by an ignorance of the laws, and their true requirements.

In vain will the teacher sigh over the stupidity of his classes, or the

preacher mourn over the moral stolidity of his congregation, or the *honest* physician lament over the ruined health and shattered constitutions of his patients, so long as the existing ignorance in relation to the laws governing the several conditions of life, so universally prevails. Give us institutions for the diffusion of sound instructions upon the fundamental laws of *life and health*,—let these laws be recognized, understood and obeyed,—and the present unnatural and inharmonious conditions of society will as surely pass away, as does the darksome mist recede before the rising splendor of the morning sun. Most unfitted, is woman, for the high and responsible duties of wife, and mother, who has no knowledge of these laws, and their influences; nor should parents and guardians consider the education of their daughters and wards completed, until they have attended, at least, one course of medical instruction.

The object of those who are engaged in the medical education of woman, is not limited to the single idea of educating female practitioners of medicine, although that, of itself, should enlist the sympathies and ensure the co-operation of every well-wisher of his race;—but it is to disseminate among females generally, that knowledge which is unattainable excepting in favorably regulated medical Institutions, and which is *indispensable* to the well qualified wife and mother.

Wherever our medically educated women go, whether in their professional walks, or in the more private circles, they find, amongst their sex, untold and often unutterable suffering, and into their wearied ears is continually poured the ceaseless story of languishing years of torture, which must for ever have remained unknown to the male practitioner; sufferings, and tortures which are the direct result of that lamentable want of knowledge which every woman should possess, but which a false and heartless social system has pronounced it indelicate for woman to attain.

Ladies,—we invoke you by your regard for your own health, comfort, and happiness,—by your desire to ensure for your offspring a sound mind in a sound body,—by every consideration which binds you to life and your loved ones, no longer to neglect this most important branch of knowledge.

Mothers,—see to it that by withholding this knowledge from your daughters, and by a disregard of its important claims, you are not the cause of inflicting upon them long years of torture, and perchance of hopeless suffering and wretchedness. Remember, you have imprinted upon their minds the lessons of a rigid and virtuous morality, but being yourselves without a true knowledge of the laws upon which life and health are dependent, you have not directed their attention to the importance of a complete physical education. Modesty and purity, twin sisters of virtue, preside over their every thought and act; and when the diseases incident to their organization overtake them, they are endured, yes endured in silence and in suffering, shrinking from making any disclosures even to *yourselves*, lest they should be com-

pelled to detail their hidden tortures to the *male* practitioner, a thing so revolting to their purity, and the delicacy of the sex, as to cause them in silence to endure, until slight and easily controlable derangements, become permanent and incurable maladies.

Hence arises, by far the greater portion of woman's sufferings; this is no over drawn picture of the condition of thousands of pure and delicate young women, at this very hour; and thousands are annually thus sinking into a premature grave, for lack of knowledge.

The benevolent and philanthropic individuals, who have liberally given of their time, their influence, and their money, to institute the Penn Medical College of Philadelphia, have been led, from observation and reflection, to adopt some means for the arrest of the devastating evils they see, on every hand around them. The College thus instituted, recognises no sex in mind, but confers equal privileges and equal honors upon all, who, after examination, are found duly qualified; whilst the cost of a thorough medical education is but little more than that of ordinary instructions in well regulated seminaries. By this reduction of fees, physiological, hygienic, and medical knowledge is brought within the reach of almost every member of the community. The number of those is very small, who, by the exercise of a prudent economy, and the necessary industry, may not become enabled to meet the expenses of a regular collegiate course of medical instruction.

In this connection, we may be allowed to anticipate the objection, that we are making medical knowledge too cheap, and thereby lowering the character of the profession of medicine.

Would to Heaven that we had the power to impart to every human being a thorough physiological, hygienic, and anatomical,—nay, a complete medical education, and that too without cost. Knowledge is the gift of God, the rightful heritage of all who have the capacity to receive it. All that is true in medicine, as in every branch of human knowledge, is the birth right of every child of the Father of all men.

Contemplate, but for one moment, the vast benefit that must accrue to the race, if every man and woman, every father and mother, were familiar with the great physiological and hygienic laws upon which their existence and health are based, and in accordance with which their offspring would be trained, and we shall, in such contemplation, be at once impressed with the harmonious development of the social relations which would ensue, and the rapid advancement which would be made towards the beautiful, and the perfect, both physically, mentally, and morally, cementing all men in one God-like whole. Thus should we extend our view of the healing art beyond the narrow limits of selfishness; and when we can do so, the nothingness and misanthropy of the objection will be self-evident.

In thus taking our stand in favor of the universal diffusion of medical knowledge, I am aware that our Institution will be made a target, against

which all the shafts of selfishness and professional dignity will be hurled. Already has calumny labored hard, and incessantly for its overthrow,—but all its efforts have been in vain; it has nothing now to fear but the lukewarmness of its friends; and as we review the past, we feel a proud consciousness that we have no danger to apprehend from that source. The public sentiment is already largely with our enterprise,—the ladies are with us,—they have already arisen in their majesty and strength, and demand,—as a moral right, in the name of woman, chastity, and virtue, that woman should be the physician of her sex.

Shall we be told that many *ladies* would give a decided preference to the *male* over the *female* practitioner? And are we not also told that the slave would continue to hug the chains of his galling servitude, was the offered boon of freedom placed within his reach? That the poor votary of Bacchus clings to his bottle, and to the degradation which it causes, in spite of the entreaties of the philanthropist, who reveals to his view, and places within his reach, the beauties and blessings of temperance?

We admit the fatal, the soul-crushing power of the unholy customs which fashion would perpetuate and attempt to sanctify. But we do not believe that the masses of the sex would prefer to divulge to man, those maladies and troubles to which woman is peculiarly exposed; that they would voluntarily choose to submit to the cross-questionings, and examinations of a male practitioner, rather than to one of their own sex, as well qualified professionally, and better qualified in virtue of her sex, to afford the sought for relief: nay, is not the *necessity* imperative, that this unnatural custom should be made to cease to do violence to woman's sensibilities, and that the sex should, anew, begin to learn the sacredness of self?

The question of woman's capability to study medicine, and her ability to practice it, are forever set at rest, by the unparalleled success which has marked the professional labors of those who have been educated in this city, and mainly, by the gentlemen now connected with this school of medicine. She has herself proven, that woman's capabilities are fully commensurate both to the study, and practice of the healing art, and her labors are already appreciated by the reflective portion of the community. The field of a widely extended usefulness is now open to her, and the pathway to wealth and fame has been cleared of every obstacle, by her own diligence and success,—nor can her right to high professional distinction be disputed, for that must ever be the award of true merit.

Where is the benevolent, the high-minded physician,—and who is there in the profession that does not assert his claim to those virtues,—who would refuse to extend, with a willing cheerfulness and pride, the right hand of professional fellowship to *meritorious* woman? Would he assert his gallantry to the sex, and withhold from her her God-given rights? her own hard-earned honors? Where is the physician who would not, despite the merce-

nary consideration of dollars and cents, yield to suffering woman that means of relief which he cannot afford, and which she can only successfully attain from the educated and medically qualified of her own sex? Where is the physician who would not rather submit his own wife, daughter, or sister, to the professional care of a thoroughly educated female practitioner, than subject her to the mortifying scrutiny, the humiliating examination of one of the male sex? Unnatural, indeed, would be that husband, father, or brother, who would needlessly inflict those humiliations, nay, in many cases, those cruel tortures, on the refinement and virtuous sensibilities of those over whom he may exercise control.

Having been identified with the cause of the medical education of woman, ever since it assumed any thing like a tangible form,—and familiar with its wants and necessities, its history, progress, and present position, we think we are competent to judge correctly of the best course to pursue, to advance its highest interests.

In common with every other great enterprise,—that has for its object the elevation and improvement of the race,—it requires time and thought for its full development. Much difference of opinion has existed amongst the friends of female medical education, in relation to the best means for its promotion;—some advocating exclusively female schools, while others contend that the true principles of reform demand institutions in which both sexes may be together educated.

Few institutions of learning, designed alone for females, are as complete and practical in their teachings as those for males; and the opinion has been entertained, and not without reason, that *exclusive* female medical schools might be liable to the same objection: indeed, the profession, and the people have so regarded them, deeming them “sufficient to impart such knowledge as is sufficient for woman!” and it is a melancholy fact, that the ordinary education of our females is less sound and practical than that of males;—hence, in the common pursuits of life, men are considered better qualified than woman, to assume their guidance and responsibilities.

In a professional point of view they have been similarly regarded, and so long as this opinion prevails, less confidence must be placed in the practitioner who is educated in a distinctive female school or college, than in those who have had equal privileges and opportunities, with the male student, for acquiring professional knowledge.

Attempts have been made to educate both sexes, in mixed classes; but the experiment has proved unsuccessful, and unsatisfactory alike to teacher and pupil:—propriety, under the existent conditions of society, and the innate delicacy of the sex, which Professor Meigs has truly asserted to be “an evidence of the dominion of a fine morality in our society,” are both opposed to the general adoption of that course, “notwithstanding some de-

licately constituted, yet heroic minds, have overcome these conventional restraints, and received professional honors in male institutions, as their well earned reward."

"To obviate the difficulties that have existed in distinctive schools, and aided by the lessons of experience, added to a more extensive acquaintance with the demands of the enterprise, the Corporators and Faculty of this College, have aimed to establish an institution, wholly free from either of the foregoing objections; one in which all the advantages of a mixed school can be made available, and its disagreeable features avoided; one that shall command the approbation of the student, the professor, and the people. As an earnest of its present popularity, and future promise, it has already attracted to its financial support, an energetic and influential board of Trustees, who are determined to devote to it the necessary means and labor to make it all the enterprise demands,—an efficient, permanent, and popular College."

Ladies of the Class,—to you would I now especially address myself. You have selected a high and honorable calling, to which you are to consecrate the residue of your years, and the unswerving powers of your intellect. Many of you have, for the first time, entered walls dedicated to medical science. Among you, we also recognize faces made familiar by past relations, now about to be renewed. We bid you welcome, welcome all. We hail you as amongst the pioneers in a great and glorious work. While the best wishes and prayers of those with whom you have for a season parted, will without doubt be yours during your sojourn here,—let me also remind you that you are the subjects of the highest hopes, of the most anxious expectations of many of the wise, the good, and the virtuous, throughout the world.

It is your privilege, in your connection with the Penn Medical College of Philadelphia, to be associated together in the only medical institution in the known world, where woman's collegiate rights are broadly recognised as equal to those of any of her most gifted brothers.

In your attendance at the Lectures of the several members of the Faculty, you will be made acquainted with ancient medical doctrines and practice, and be fully instructed in all the modern and acknowledged improvements in the healing art. The course upon which you are now entering, will embrace Physiology, Hygiene, General, Special, and Microscopical Pathology, Materia Medica and Therapeutics, Institutes and Practice of Medicine, Anatomy, Surgery, Obstetrics and the Diseases of Women and Children, Chemistry, Toxicology, and Medical Jurisprudence. These different departments of scientific investigation will be amply illustrated by appropriate apparatus, models, preparations, specimens, drawings, etc.

In the discharge of the duties of the several chairs, the Faculty will never forget that liberality which is demanded by the progressive spirit

of the age, and the rapid advance making in the collateral sciences. While we regard the teachings of this School, as embracing more of truth and philosophy, than is found in some others which claim the attention of the student of medicine, we do not either assert our infallibility as Teachers, or demand your unqualified assent to our views or doctrines. In the systems of the past, whatever we have found to be true will be placed in your possession; and to the new doctrines, which are at this time attracting the attention of the medical world, your consideration will be directed.

The true philosopher condemns nothing in science because it is new; the doctrines or facts which may be proclaimed to-day, although their adoption and recognition may overturn the dogmas of ages, are to be submitted to a careful and rigid examination and analysis: and if they stand this test, every honest seeker after truth will at once receive them.

Our language to you is,—

“Go search for truth wherever found,
On christian, or on heathen ground:
Among our friends, among our foes—
The plant’s divine where e’re it grows.”

The province assigned me in this Institution, is to instruct you in that branch, of all others, the most interesting and important to yourselves, as well as of the utmost consequence to your sex. It is that which involves the Anatomical structures, their Physiological relations, their mechanical and abnormal derangements, and the numerous functions and facts sustained by woman in the great drama of life; and, in addition, to make you acquainted with the diseases incident to infancy and childhood.

It is almost as rare to find a woman at the age of forty, who has not been, or continues to be, the subject of some one, or more, of the manifold diseases peculiar to her organism, as it is to find one who has never had an ordinary catarrh, or bad cold,—diseases which are often endured in untold agony year after year, until death kindly brings the last, long wished relief,—or her constitution becomes irreparably impaired, rendering life a burden to her.

Woman, having at length discovered, that the most efficient cause of her sufferings, is the result of an ignorance of herself, has now resolved to familiarise herself with the complications of her own organisation, and the various highly important and interesting functions thereto belonging.—and you, I am happy to say, are amongst those who have nobly volunteered, by a regular and systematic course of study, to arrest the desolating tide of suffering which is sapping the foundations of life, and hurrying to a premature and early grave, so large a proportion of your unfortunate sex. It will be my pleasure and study to render you all the assistance in my power, by facilitating your investigations, and removing the obstacles which might retard

your progress in the pathway of this department of medical science, and thereby make your studies both agreeable and pleasurable.

While a due proportion of exercise and recreation must not be lost sight of whilst in attendance in these halls, industry, application, and perseverance, are the essential elements of success; yet your habits must not be too sedentary. Your diet should be rather light. Pay due attention to the several organic functions. Let cold water be your only beverage. Bathe frequently, and use brisk friction with a coarse crash towel, or flesh brush, after each bath. Be regular in your habits, observe a set time for every thing, and avoid late hours. Let the mind have suitable periods for relaxation; let the intensity of thought and study occasionally give place to social enjoyment, and to invigorating recreation. Thus will your physical energies retain their integrity, and your mental powers become strengthened and improved; thus will the time you devote to this course of instruction be at once a source of pleasure, and permanent advantage, and at the close of the term upon which you are now entering, you will return to your homes and families, bearing with you that knowledge, which, when perfected, will enable you to dispense the blessings of health to the afflicted, wherever your lot in life may be cast.

Some of you will be candidates for the honors of this Institution;—these are not within our gift. They are alone the reward of merit, the award to years of intellectual and toilsome application. They are not for us to *bestow*, but for you to *earn*. It is not for you to anticipate them as *favours*, but to *demand* them as your well and truly earned right. They can be conferred alone on the worthy, the industrious, and the duly qualified. Wealth and family influence, indigence and obscurity, are here alike unknown.

Before you can attain the passport to the honors and emoluments of the high calling to which you nobly aspire, you will severally be called upon to pass through a searching ordeal, a series of rigid examinations,—and she, who thus successfully works her way up to honorable distinction, will, indeed, be a conqueror, and may proudly wear the distinction of that diploma which can only be conferred upon the diligent and the meritorious student.

Ladies, that trophy is worthy of your utmost exertions; it has been attained by others of your sex, it can be won by you.

To those of you whose studies are drawing to a close, only four short months remaining, I would say, let your efforts be so directed, as to crown your previous, and present term labors, with that success you so ardently desire, and which your friends so anxiously expect. It remains with *you*, and not with *us*, to say, whether success and honor shall be yours,—for we have no *favours*, only *rights* to bestow.

It will be our object to afford you every facility for the acquirement of that knowledge which you will be expected to possess, and nothing will be required from you, beyond that which you will have ample opportunity to at-

tain. If you fail, the fault shall not be ours ; but we anticipate no such failure. We joyously anticipate the day when it will be our duty and pleasure to lead you forth from your present stage of pupilage, covered with the high honors you have justly won,—and place you fairly and fully on the platform of the profession of your choice,—a profession the equal of any, the inferior of none.

By the authority of this great Commonwealth (in us invested) this power and right is ours ; and it is our highest wish, as it will be our greatest pleasure, to confer upon you those honors which will redound alike to the credit of your Alma Mater and yourselves, and be a source of honest pride to teacher, graduate, and those friends whose expectations will only be realised in your complete success.

Shall these wishes, these expectations be realised ? Your own exertions, and their results, can alone answer the question. That its solution may redound in your favor, and that you may, at the close of your collegiate attendance, return to that hallowed spot,—home,—around which are clustered all the endearments of life, bearing with you the honorable voucher of your successful studies, is the sincere and heartfelt wish and prayer of those to whom your education has been entrusted, and who will ever feel the most lively interest in your prosperity.

LIST OF MATRICULANTS.

FALL SESSION, 1853.

Jane V. Myers,	-	-	-	-	<i>New Lisbon, O.</i>
Mary Ellen Wolfe,	-	-	-	-	<i>Lewisburg, Pa.</i>
Mary F. Thomas,	-	-	-	-	<i>Liberty Mills, Ia.</i>
M. B. Randall,	-	-	-	-	<i>Woodstock, Vt.</i>
M. J. Grier,	-	-	-	-	<i>Lewisburg, Pa.</i>
Hannah Darlington,	-	-	-	-	<i>West Chester, Pa.</i>
Martha M. Longstreth,	-	-	-	-	<i>Phila., Pa.</i>
Maria C. Kingsbury,	-	-	-	-	<i>Troy, O.</i>
Mattie A. Humphreys,	-	-	-	-	<i>Spring Garden, Pa.</i>
Hannah W. Ellis, M. D.,	-	-	-	-	" " "
Adeline Neff,	-	-	-	-	<i>Phila, Pa.</i>
Sarah Douglass,	-	-	-	-	" "
Susan A. Smith,	-	-	-	-	<i>West Phila, Pa.</i>
Sarah A. Entrikin,	-	-	-	-	<i>West Chester, Pa.</i>
Sarah Caldwell,	-	-	-	-	<i>Phila., Pa.</i>
Hanna G. Abraham,	-	-	-	-	<i>Camden, N. J.</i>
Rachel Lukins,	-	-	-	-	<i>Attleboro, Pa.</i>
Mary H. Henck,	-	-	-	-	<i>Phila., Pa.</i>
S. M. Cowdel,	-	-	-	-	" "
Sarah Mendall,	-	-	-	-	— N. Y.
Elizabeth Murray,	-	-	-	-	<i>Seckonk, Mass.</i>

Penn Medical College, of Philadelphia.

Spring Term for Females.

The Spring Course of Lectures to Females, in this Institution, will commence on the first Monday in March, and continue sixteen weeks. The instructions will be progressive, and liberal in all that relates to new doctrines. The higher departments of Medical Science will be brought under the consideration of the class, as its capacity for their study shall have become developed by a thorough understanding of the more rudimental branches.

By the adoption of this course, new and interesting matter will be continually the subject of investigation, and the dull routine monotony of ordinary instruction will be avoided.

Ladies desiring a thorough course of Medical Instruction, will do well to avail themselves of the advantages of the Female Spring Term ; and those who have attended elsewhere, will find in this arrangement of the Penn Medical College, of Philadelphia, an unequalled opportunity for the completion of their collegiate studies.

TERMS.

Matriculating Fee,.....	\$5.00.
Professors' Tickets,.....	50.00.
Practical Anatomy,.....	5.00.
Graduation Fee,.....	20.00.

Ladies who purpose attending two courses, can purchase a scholarship certificate for ~~\$50 00~~,—which entitles its holder to two full courses ; but the certificate includes the Professors' tickets only.

For further information, see announcement, which will be furnished, on application by letter or otherwise.

Address JOSEPH S. LONGSHORE, M. D.,

Dean of the Faculty of the Female Department,

Box 1083 Philadelphia.